



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01180, Sour cream, fat free

Report Date: July 11, 2017 14:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
<strong>Proximates</strong>						
Water	g	80.60	--	--	9.67	185.38
Energy	kcal	74	--	--	9	170
Energy	kJ	310	--	--	37	713
Protein	g	3.10	--	--	0.37	7.13
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	0.70	--	--	0.08	1.61
Carbohydrate, by difference	g	15.60	--	--	1.87	35.88
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.39	--	--	0.05	0.90
<strong>Minerals</strong>						
Calcium, Ca	mg	125	--	--	15	288
Iron, Fe	mg	0.00	--	--	0.00	0.00
Magnesium, Mg	mg	10	--	--	1	23
Phosphorus, P	mg	95	--	--	11	218
Potassium, K	mg	129	--	--	15	297
Sodium, Na	mg	141	--	--	17	324
Zinc, Zn	mg	0.50	--	--	0.06	1.15
Copper, Cu	mg	0.016	--	--	0.002	0.037
Selenium, Se	µg	5.3	--	--	0.6	12.2
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.040	--	--	0.005	0.092
Riboflavin	mg	0.150	--	--	0.018	0.345

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Niacin	mg	0.070	--	--	0.008	0.161
Vitamin B-6	mg	0.020	--	--	0.002	0.046
Folate, total	µg	11	--	--	1	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	1	25
Folate, DFE	µg	11	--	--	1	25
Choline, total	mg	19.2	--	--	2.3	44.2
Vitamin B-12	µg	0.30	--	--	0.04	0.69
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	73	--	--	9	168
Retinol	µg	72	--	--	9	166
Carotene, beta	µg	9	--	--	1	21
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	255	--	--	31	586
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	9	--	--	1	21
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0